



Every Day Counts

PROGRAM

Every Day Counts is a free program available through the North Shore Hospice & Palliative Project.

Whether you or your family member has recently been diagnosed with a serious life-limiting illness, or you are further along on your journey, Every Day Counts will connect you to a community of support.



MAKE EVERY DAY COUNT

The more you know about your illness and your needs, the better prepared you will be to cope with your situation.

Every Day Counts connects you and your family to support whenever you feel you need it.

Every Day Counts follows you and your family from diagnosis to bereavement.

Anyone with concerns about their emotional, mental, social or spiritual wellness, during serious illness can call or email the Every Day Counts Program.

Contact us today to access the Every Day Counts Program support services.

GUIDANCE

Every Day Counts offers information sessions on a wide variety of topics to improve your quality of life including:

Navigating the health care system

Managing symptoms

Supporting caregivers

...And much, much more

WELLBEING

Every Day Counts promotes physical and emotional wellbeing through:

Healing Yoga

Relaxation Group

Walking Group

Beautiful You sessions

SUPPORT

Every Day Counts connects you with support groups or telephone support. Opportunities for individual counseling or music therapy are also available.

Please visit our website for a full schedule.



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Inspiring You to Realize
Your Best Quality of Life

To access Every Day Counts:

Ask your doctor or healthcare provider for a referral

Call us and self-refer

Visit the Every Day Counts Office
(located at the North Shore Hospice)

Let Us Walk Along Side You

Tel: 604-363-0961

Email: everydaycounts@vch.ca

319 E 14th Street
North Vancouver, BC
V7M 1PG

For more copies, go online at <http://vch.eduhealth.ca>
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The information in this document is intended solely for
the person to whom it was given by the health care
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To support Every Day Counts, please
consider making a donation today.

Give in person or by mail

Cheques payable to:
Lions Gate Hospital Foundation
231 East 15th Street,
North Vancouver, BC V7L 2L7

Give by phone

604.984.5785

Give online

www.northshorehospicepalliative.com

The North Shore Hospice & Palliative Project is a
partnership of the North Shore Hospice Society and
Lions Gate Hospital Foundation (LGHF) in
collaboration with Vancouver Coastal Health.



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**INSPIRING YOU TO REALIZE
YOUR BEST QUALITY OF LIFE**

Supported by:



NORTH SHORE

Hospice & Palliative
Project

www.northshorehospicepalliative.com

CHARITABLE BUSINESS NUMBER: 11902 0907 R0001

A free support program for individuals living
with a life-limiting illness and their families.